

Medical Analysis Clinic or Personal Physician

 Complete wellness examination and/or Health Risk Assessment to include blood pressure, height and weight, Metabolic Panel, Fasting Lipid Profile, Complete Blood Count with Differential Platelets, Thyroid Stimulating Hormone.

Wellness Exams-Age appropriate exams are paid for at 100% if a medical problem is not discovered or diagnosed.

Program Requirements

Employees must have a medical provider complete an *Initial Wellness Verification Form* (2 part) which can be obtained in the Human Resources Office or on the Human Resources website. Once completed, the form must be forwarded to *Medical Analysis Clinic, ATTN: Wellness Program Reviewer*. The form will list any identified health risk (if any) and targeted goal (s) to address the health risk (s).

For additional information, please see *Frequently Asked Questions* on the Human Resources Wellness webpage.

Classes by Medical Analysis Nurse Practioner Holly Chauvin

Classes are 30 minutes or less during lunch break, must register prior to class meeting.

- February-Cholesterol
- March-Hypertension
- April-Exercise

Gulf Coast Health Educator Programs for Chronic Illness

Diabetes (I'm in Control)

- Diabetes is a serious disease. The good news is it CAN be managed! However, if diabetes
 remains uncontrolled, it can lead to heart disease, blindness, arm and leg amputations, kidney
 disease, and nerve damage. Learning diabetes self management skills can help prevent or delay
 the complications associated with diabetes.
- Gulf Coast Health Educators offers diabetes-pre-diabetes classes.

Diabetes and pre-diabetes training consists of 4 hours of education using the Journey for Control Conversation Maps. Topics include: How Diabetes Affects the Body, Meal Planning, Exercise, How

Diabetes Medicines Work, glucose Monitoring, Personal Health Habits, Complications of Uncontrolled Diabetes, Sick Day Management, Stress and Coping, and Goal Setting.

Employees receive a personal meal plan and return for one (1) and three (3) month follow-up visits where they receive additional education using the conversation Maps.

Goal: Create healthier communities by providing the knowledge and skills needed to develop healthier eating and physical activity patterns to promote healthy lifestyles.

Gulf Coast <u>Health Educators Diabetes Education Meetings</u> are held at Coast Cardiology Center located at 14055 Seaway Parkway, Gulfport, Ms from 1:00 p.m. to 5:00 p.m. on the following dates:

January 25, 2012July 25, 2012February 22, 2012August 22, 2012March 28,2012September 26, 2012April 25, 2012October 24, 2012May 23,2012November 28, 2012June 27,2012December 19, 2012

Gulf Coast <u>Health Educators Diabetes Education Meetings</u> are held at St. Peters by the Sea, located at 1912 East Beach Blvd. Gulfport, MS from 8:30 a.m. – 12:30 p.m. on the following dates:

January10, 2012July 3, 2012February 7, 2012August 7, 2012March 6, 2012September 4, 2012April 3, 2012October 2, 2012May 1, 2012November 6, 2012June5, 2012December 4, 2012

Gulf Coast <u>Health Educators - Diabetes Education Meetings</u> are held at Coastal Family Health Center located at 3446 Big Ridge Road in D'Iberville, Ms. from 12:30 p.m. to 4:30 p.m.

January 23, 2012July 23, 2012February 27, 2012August 27, 2012March 26, 2012September 24, 2012April 23, 2012October 22, 2012May 21, 2012November 26, 2012June 25, 2012December 17, 2012

<u>Gulf Coast Health Educators - Healthy Lifestyles Weight Loss Challenge</u> classes start January 17, 2012 once a week from 5:30-6:30 p.m. on Tuesdays at <u>E-Fitness</u>, 1735 Richard Drive, Biloxi, MS.

- Initial Weigh in takes about 30 minutes and is anytime between 10:00 a.m. 1:00 p. m. or 3:00 p.m. - 6:00 p.m. On 1/10/2012 in the <u>E-Fitness Auditorium.</u>
- Healthy Lifestyles is a fun and motivating healthy eating, physical activity, and behavior
 modification program designed to promote weight loss, blood pressure control, and cholesterol
 lowering. Healthy Lifestyles, lead by a Registered Dietitian, consists of 10 weekly one hour
 sessions covering topics such as:
 - 1. Portion distortion
 - 2. Grocery shopping and label reading
 - 3. Meal planning
 - 4. Healthy choices when eating out
 - 5. Emotional eating
 - 6. Physical activity: What's right for you?
 - 7. How to manage difficult situations
- **Goal:** Create healthier communities by providing the knowledge and skills needed to develop healthier eating and physical activity patterns to promote healthy lifestyles.

Gulf Coast Health Educators – Healthy Heart Classes are held at Coast Cardiology, located at 14055 Seaway Parkway, Gulfport, MS. Classes are from 9:00 a.m. – 12 noon on the following dates:

January 12
February 9
March 8
April 12
May 10
July 12
August 9
September 13
October 11
November 8
June 13
December 13

Memorial Hospital Smoking Cessation Classes

Employees register by calling 228-867-4022 there is a waiting list. An instructor will contact employee when class is available to start. This is a six week class, but a 12 month program. First couple of meetings will last a couple hours; balance of classes will be one hour.

This class provides smoking cessation aides such as Chantix, Zyban or Welbutrin, the patch and other aides to assist in quitting the smoking habit.

This class has a 45-65% quit rate.

Better Breathers 2nd Thursday of every month 1:30 p.m.

Various locations at Memorial Hospital

Diabetes Education
 Monthly Meetings
 Physician Referral

Required

• Cooking for Life/Nutrition

Times to be scheduled for 2012

Garden Park Medical Center

•	Diabetes Support Group	1 st Thursday of every month	12 noon – 1 pm
•	Generations Health Living Program	3 rd Thursday of every month	8:00 a.m.
	Edgewater Mall		
•	Better Breathers	2 nd Thursday of every month Various locations	1:30 p.m.

Additional classes may be added, once confirmed with provider (s).